

# The Dam News

October 4, 2023, Vol. 40

**SPIRIT LAKE RIDERS**  
**MC**  
**CENTRAL N.DAK.**  
*Bis/Man Chapter*



## RIDING FOR A CAUSE

Submitted by Pat "Juicy" McCone,  
Bis/Man Chapter President

Spirit Lake Riders MC originated August 5<sup>th</sup> of 1995 and in July of 2019 started a chapter in the Bismarck / Mandan area. The Bis/Man SLRMC has 2 annual runs one is the first Saturday of June. This is an annual charity run in which we pick a charity organization to raise money for.

In 2022 we picked the Power of Play Organization, where they give new toys to children in the hospitals to help keep their minds busy and off of while they are there and helps them just "be kids". In 2023 we picked Community Kicking Cancer as our charity to help, for they help people in the rural community's get to their cancer appointments via Visa gift cards. The other annual run is usually the 2<sup>nd</sup> or 3<sup>rd</sup> Saturday in August, named the Sugar Dash, which we find a candy store, ice cream parlor or taffy shop as our destination stop for everyone on the run to enjoy.

The Bis/Man SLRMC also hosts an annual Bowling tournament at Midway Lanes in Mandan. This tournament was passed on to the club by the founder Terry Barnes and has been going on for over 25 years. —————>





Pat "Juicy" McCone,  
Spirit Lake Riders MC  
Bis/Man Chapter President

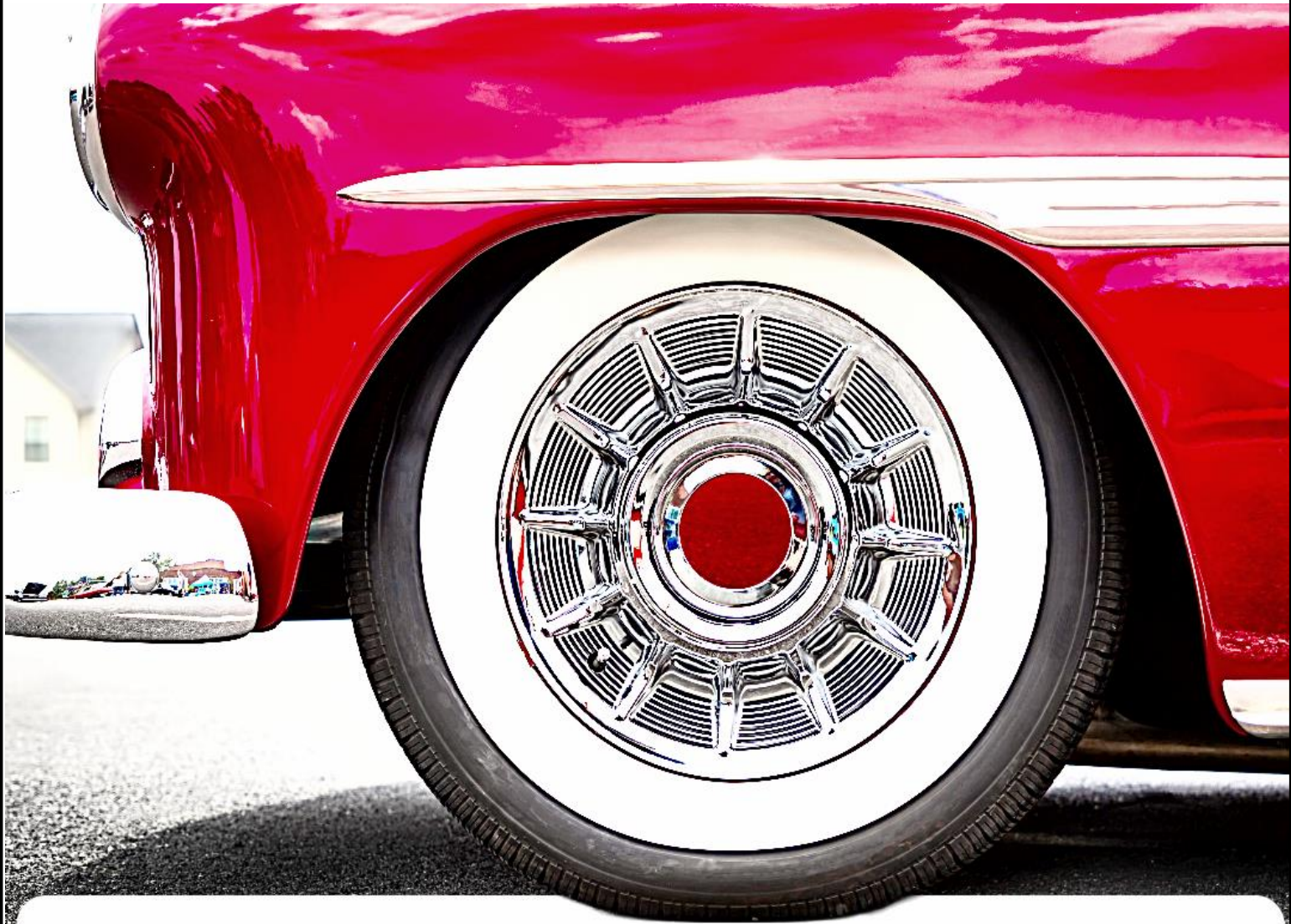
This is held the first Saturday in December, and all the proceeds raised that day go to the Bismarck Cancer Center. In 2022 we raised \$11,000 in one day! The Bike Clubs from around the state help each other out and you go to and support their runs and they come and support you. We have a great love for riding and helping out our community with money we raise. We do travel some pretty good distances just to go on a run; sometimes 300 miles just to get there and then put on another 100 to 200 miles for the run itself. There is a great camaraderie amongst the biker community. We love to ride, and we love to support! Bikers pay to go on these rides because they know it's for something worthwhile! They pay even though they could just jump on their motorcycle and head out somewhere else for nothing, but they pick and choose what runs they want to support and that's awesome!!!

[Bis/Man Spirit Lake Riders MC | Sugar Dash video rolling into Pick City | The Dam Bar | August 12, 2023](#)



Bis/Man Spirit Lake Riders MC Sugar Dash Ride August 12, 2023, on their stop at The Dam Bar in Pick City

**Auto Collision Repair | Custom Painting | Auto Detailing  
Boat Detailing | Auto Sales**



# ***KR Auto Body Repair Restoration LLC***

***Over 35 years of experience in the auto restoration business!***

**405 Dakota Ave, Riverdale, ND | (701) 500-5828**

Check out my website and follow me on my Facebook page by clicking the links below where you can also view examples of my work.

 [KR Auto Body Repair Restoration LLC](#)  [KR Auto Body Repair Restoration](#)



# Christmas

## VENDOR SHOW

### Sunday

### December 10th

Entertainment  
& DJ Provided  
by Funtyme  
Karaoke & DJ  
Service

### Noon-6pm



## RIVERDALE HIGH LODGE COLISEUM

### Riverdale, ND

Our Fall Vendor Show on Oct 7<sup>th</sup> has been rescheduled & appreciate everyone's prayers at this time. I look forward to a fun holiday event together on Sunday, December 10<sup>th</sup> so please join us to celebrate the spirit of the season together. This is a perfect shopping day for last minute Christmas gifts & a wonderful way to support small businesses & local. Thank you for supporting this mission for Ava's Light & for more information, contact us at [avaslightevents@gmail.com](mailto:avaslightevents@gmail.com) or follow us on our group Facebook page [The Dam News](#)



Ava's Light, LLC



*When the cock's away, the hens will play!*

# **Hunting Widows Wing-Ding**

**Saturday, Oct. 7<sup>th</sup>**

**28 Valley Road SW, Pick City**

**10:00 – 3:00**

**Food, Prizes, and Fun—6 Parties in 1!**

Free Swag Bags Filled with Merchandise and Samples—while they last

Pheasant Trivia Contest – Axe Throwing – Toss the Turd

Fashion Show with Apparel from The Happy Glamper

Wings and Things Served Up by Kimi's/Freezer Meals To Go

Baked Goods from Momma's Magic Kitchen

Red Aspen Nail Dashes and Cosmetics

Cooking Pheasant with Kimi

Happily Entwined Homemade Sticks and Stones

# Kota Theater

153 N. Main Street  
Garrison, ND 58540

## Upcoming movie:

(all showtimes 7:30 pm unless noted)

October 6-7- 7:30 pm

### A Haunting in Venice

Rated PG-13, R, 1h 43 m,  
Mystery/Crime 2023

In post-World War II Venice, Belgian sleuth Hercule Poirot, now retired and living in his own exile, reluctantly attends a seance. But when one of the guests is murdered, it is up to the former detective to once again uncover the killer.

 [Sakakawea Area Council for the Arts](#)

# The Happy Glammer

Traveling Camp and Cabin Boutique

701.426.2311

## HUNTING WIDOWS



### WING-DING

28 Valley Road SW Pick City

**SATURDAY, OCT 7TH**

10:00 – 3:00

### New Arrivals



Lake Girl  
Embroidered  
Sweatshirt  
\$45

24 day, 10pc. fishing tackle



Tackle ox Advent Calendar  
\$65

What's inside



Colours may vary



Whipped Body  
Butters in Beach  
Drink Scents \$17

Fashion  
Show  
at 1:00



Follow on

Facebook [Happy Glammers ND](#)

Browse online at [www.happyglammernd.com](http://www.happyglammernd.com)

# WELCOMING OUR NEW PROVIDER!



## MELISSA M. FNP-C

- Primary Care visits (Adult/Children)
- Preventative/Wellness Exams
- Health Education (Tobacco, Weight)
- Diabetes Education
- Chronic Disease Management
- Immunizations
- Sports Physicals
- DOT Physicals
- Referrals
- Employee Drug Screening

Northland  
HealthCenters

Monday 8-6:30,

Tuesday - Thursday 8-5, Friday 8-3:30

[WWW.NORTHLANDCHC.ORG](http://WWW.NORTHLANDCHC.ORG) TURTLE LAKE – 701-448-9225



**Kimi Fischer, Owner**  
**(701) 891-1709**

Email: [kimisfoodservices@gmail.com](mailto:kimisfoodservices@gmail.com)  
 Online: [www.kimisfoodservices.weebly.com](http://www.kimisfoodservices.weebly.com)

# Events & Catering

## Food Truck - Cafeteria

Email: [kimisfoodservices@gmail.com](mailto:kimisfoodservices@gmail.com)  
 Online: [www.kimisfoodservices.weebly.com](http://www.kimisfoodservices.weebly.com)

**701.891.1709**

**Homemade Goodness to Go!**

Custom Per-Person Catering  
Pricing Available-Just Ask!

### Individual Homemade Frozen Meals

**ONLY \$6**

Kimi's can deliver 6 or more or arrange to pick up at a neutral location. Great for lunches, those alone who would like a home cooked meal.

Let me help you have an awesome homemade meal you deserve!

Options change from week to week so please call if wanting something specific.

*This week we have the following options available:* Quantity to order

Cheesy Chicken-4	
Prime Rib Sandwich-3	
Meatballs, Mashed, Gravy-9	
Chicken Cordon Bleu-2	
Pizza Burger-2	
Chili-8	
Sloppy Joe-10	

Bacon Gouda Grilled Cheese-2	
Pizza Pasta-2	
Hamburger Stroganoff-16	
Chicken Fajita Wrap-9	
Italian Peppers & Sausage Sub-2	
BBQ Meatballs-6	
Enchilada Meatballs-9	
Roast Beef, Mashed	
Cheeseburger Pasta-2	
Chicken & Dumpling Soup-3	
Cowboy Pasta-9	
Wings-10	

Watch for more options coming soon!

scan me 



[Kimi's](http://www.kimisfoodservices.com) "Kimisfoodservices" for Daily Specials and Events

# George Owen and Brenda Owen Auction

**Saturday, October 14 @ 10 a.m.**

**Mandan Eagles, 1400 Collins Ave, Mandan, ND 58554**

## **Trailers, Boats, Harley, & Recreation**

- 2014 Sun Tracker Pontoon w/ Trailer and 60 HP Motor
- 2005 Ranger 618 VS Fisherman Boat with 2018 150 HP Mercury with 90 Hours
- 2002 Harley Davidson Tri-Sportster w/ 1800 Trike Conversion, 6900 Miles
- 2018 24' Featherlite Enclosed Trailer, Tandem Axle, Insulated with Shelving
- 2014 16' Wells Fargo Enclosed Trailer, Tandem Axle, Electric Jack, Ramp Rear Door
- 2021 Coleman Outfitter 550 Side by Side, 123 Miles
- 2004 PJ 16' Trailer, Tandem Axle, Fold Down Ramp, Good Shape (Consigned)
- Snowblower Like New
- Ice Auger Like New
- Harley Parts & Accessories
- Engel 30 Quart Live Bait Cooler
- Coleman Camping Stove
- Tent and Survival Gear
- Coleman Airbed Cot

## **Shop and Tools**

- Fishing Equipment
- Extreme Tools 21 Drawer Tool Box
- Hobart Handler Wire feed Welder 140
- Thermal Dynamics Cutmaster 102 Plasma Cutter
- Lotus LTP5000D Plasma Cutter
- Honda GC 160 Pressure Washer
- Lincoln Electric 3350 Welding Helmet New In Box
- DeWalt Radio
- Welding Gloves and Equipment
- Kobalt 7 Gallon Air Tank
- Many DeWalt 20V Cordless Tools
- Hobart Welding Helmet
- Central Machinery Drill Press
- DeWalt Hammer Drill
- Makita DTX 12" Miter Saw
- DeWalt 12" Miter Saw
- Masterforce 1/2" Hammer Drill – New
- DeWalt Drywall Screw Gun – New
- DeWalt Circular Saw
- Milwaukee Packouts
- Electrical Wire – Some Heavy
- Poulan Pro Chainsaw
- Powerbuilt 4000LB Floor Jack
- Contractor Measuring Wheels
- Multiple Receiver Hitches
- Kreg Miter Gage
- Rigid Nailer
- Porter Cable Router
- Pro Force Air Compressor
- Kobalt 30 Piece Wrench Set
- 5 Piece Tie Rod Separator
- Jaw Puller
- Pipe Wrenches
- Lubricants and Oils
- Drywall Jack
- Multiple 1/2" and 3/8" Socket Sets
- Tekton Torque Wrench
- Grip Combination Wrench Set
- Southwire 400a AC/DC True RMS Clamp Meter
- Krieger 200 Watt Inverter – New
- 40 Piece Tap and Die Set
- Tie Straps
- Featherboards
- Many New Wood and Metal Cutting Blades
- Shelving Unit
- Bosch Router Table
- DeWalt Bench Grinder w/ Stand
- New Fimco 30 Gal. Sprayer On Wheels
- Yard Tractor Quick Hitch
- 1000 Steel Post Fence Clips – New
- **MANY MORE TOOLS!!!!**
- **Some Household including 6-month-old Maytag Washing Machine**

**Boats, Trailers, Motorcycle,  
and Side by Side sell at 1 p.m.!**

## **Neumiller Auctioneers LLC**

Cory Neumiller, Lic. #2069 & Joel Neumiller, Lic. #2070; Neumiller Auctioneers LLC, Clerking Lic. #2071



Go to [Neumillerauctions.com](http://Neumillerauctions.com) for more photos  
Cory Neumiller 701-460-7942      Joel Neumiller 701-220-0983





# SLOW COOKER CHICKEN & WILD RICE SOUP

damndelicious.com



**1 ½ pounds** boneless skinless chicken breasts or pheasant

**6 cups** chicken stock

**1 cup** wild rice

**3 cloves** garlic, *minced*

**1** onion, *diced*

**3** carrots, *peeled and diced*

**3** stalks celery, *diced*

**½ teaspoon** dried thyme

**½ teaspoon** dried rosemary

**2** bay leaves

**1 pound** cremini mushrooms, *thinly sliced*

**¼ cup** unsalted butter

**¼ cup** all-purpose flour

**1 cup** milk

**1 cup** half and half

**2 tablespoons** chopped fresh parsley

**Salt and freshly ground black pepper, to taste**

## INSTRUCTIONS

Season chicken with salt and pepper, to taste. Place chicken into a 6-qt. slow cooker. Stir in chicken stock, wild rice, garlic, onion, carrots, celery, thyme, rosemary and bay leaves; season with salt and pepper, to taste. Cover and cook on low heat for 6-8 hours. Add mushrooms during the last 30 minutes of cooking time. Remove chicken from the slow cooker and shred, using two forks. Melt butter in a saucepan over medium heat. Whisk in flour until lightly browned, about 1 minute. Whisk in milk and half and half, and cook, whisking constantly, until slightly thickened, about 4-5 minutes; season with salt and pepper, to taste. Stir chicken and milk mixture into the slow cooker. If the soup is too thick, add more half and half as needed until desired consistency is reached. Serve immediately, garnished with parsley, if desired.



**BRAVERA**  
BANK

**Cash back options, so you can forge on.**

Earn debit or credit rewards towards your next adventure.\*

[bravera.bank](https://bravera.bank)

\*Conditions apply. Contact an employee for further information.

Member  
FDIC



## Fall Flush



GUNS, GEAR, GAMES, AND A GREAT TIME

**October 14th, 2023 @5:30 p.m.**

No-Host Social Hour

Meal to Follow

Provided by: Lenore's Outdoors & Catering

Bar Provided by: Hometown Tavern

**Garrison Auditorium**

15 S Main St. South, Garrison, ND 58540

**MEAL: \$15**

Additional Options:

Adult Membership - \$35

Youth Membership - FREE

Covered By Sakakawea Pheasants Forever

Sponsor Table - \$300

To Sponsor a table contact Rusty at 701-240-0643

**SILENT & LIVE AUCTION,**

**GAMES AND MORE!**

Watch our Facebook for updates @ [Sakakawea Pheasants Forever](https://www.facebook.com/SakakaweaPheasantsForever)

**FUN FOR THE WHOLE FAMILY**

**Sakakawea Pheasants Forever**



### **FALL HOURS**

Monday – Thursday:

6:30 am – 5:00 pm

Fri: 6:30 am – 6:00 pm

Sat: 6:30 am – 5:00 pm

Sun: 8:00 am – 2:00 pm

**(701) 337-2500**

# **HWY 83**

## **LAWN, LEISURE & TOOLS**

*Your lakes area mercantile!*

Visit our website at: [hwy83llt.com](http://hwy83llt.com)

*For your outdoor  
hunting & fishing  
needs, stop in!*

Follow us at Highway 83 Lawn & Leisure

 [Highway 83 Lawn & Leisure](https://www.facebook.com/Highway83LawnLeisure)

**GUNS, AMMO, FISHING  
SUPPLIES, SNACKS &  
REFRESHMENTS ARE  
WAITING FOR YOU!**

View our E-Catalog: [Catalog | HWY 83 Lawn & Leisure, Inc](#)





# IRON OAR PUB AND GRILL

## Thursday - Sundays 4pm

701.654.7100  
507 Missouri Drive, Riverdale



Follow us  [Iron Oar Pub and Grill](#)

Follow us on Facebook and Instagram for  
full menu and weekly updates.

## THURSDAY

Prime Rib

Lobster and Coulotte

## FRIDAY

Prime Rib

Bourbon Street Surf and Turf

## SATURDAY

Hangar Lobster Surf and Turf

## SUNDAY



### SEAFOOD SUNDAY

THE Seafood Platter





# **NORTH DAKOTA GAME & FISH**

## **PLOTS Regulations**

Hunting small game, waterfowl, furbearers or big game by nonresidents is prohibited by state law on Private Land Open To Sportsmen acreage and state wildlife management areas from Oct. 7-13, the first seven days of the pheasant season. However, nonresidents can hunt on PLOTS land they own during that week.

In addition, leaving equipment on PLOTS overnight, such as tree stands, blinds, decoys, firearms, archery equipment, or trail cameras, is not allowed without written permission from the landowner.

Permission from the landowner is always required for motorized vehicle access on PLOTS, such as for setting decoys in a field, unless specifically designated on the PLOTS sign.

## **Fall Mule Deer Survey Begins**

The state Game and Fish Department's annual fall aerial mule deer survey is set to begin early to mid-October in western North Dakota. Weather permitting, the survey takes about two weeks to complete.

During the survey period, people could notice low-flying small airplanes over some parts of the badlands.

Game and Fish biologists have completed aerial surveys of the same 24 badlands study areas since the 1950s. The survey is used to collect mule deer population data for monitoring demographic trends, such as buck-to-doe and fawn-to-doe ratios.

## **Wetland Conditions Vary for Duck Hunting**

The North Dakota Game and Fish Department's annual fall wetland survey indicates variable wetland conditions for duck hunting throughout the state.

Mike Szymanski, Department migratory game bird management supervisor, said the statewide estimate of the number of duck hunting wetlands holding water is nearly identical to last year's estimate, but still 29% below the 2003-2022 long-term average.

The number of duck hunting type wetlands (seasonal and semi-permanent wetlands) counted on the survey was the sixth lowest since 2003.

Szymanski said all regions are still below average for the number of duck hunting wetlands observed, but the south central (up 76%) and southeastern (up 18%) regions showed improvements from last year. Despite the increase in the southeast, it was still 27% below its long-term average.

Number of wetlands recorded in the northern tier of the state were down 8-18% compared to fall 2022. By and large, the northern tier is lagging behind the long-term averages by 29-40%.

Conditions are very dry in the northeastern part of the state with that region recording its lowest number of duck hunting type wetlands observed on the survey since 2003.

"We started off spring pretty wet again, making it back-to-back springs with high wetland counts," Szymanski said. "However, precipitation really dropped off this summer, bringing drought conditions to the northern tier of the state. Conditions within wetlands on the survey were variable with many remaining wetlands having a mud margin as they are in the process of drying up."

It should be noted that immediately following the fall wetland survey, parts of the state received an abnormally large amount of rain. Areas in much of central North Dakota received 2-4 inches over a three-day period, with some areas in the southeastern part of the state receiving it as well. These areas will have pretty good wetland conditions. Summer rainfall patterns were really spotty and while a large region got a lot of rain recently, some localized areas received much more than others. Hunters should expect wetland conditions south of U.S. Highway 2 to be quite variable as a result.

"The quality of waterfowl hunting in North Dakota is largely determined by weather conditions and migration patterns. North Dakota saw solid duck production in most regions of the state this year and large numbers of ducks in the state during late summer, so hopefully that will translate into good hunting opportunities if we don't lose too many birds to migration early," Szymanski said. "As always, our wetland conditions are highly dynamic, and hunters should take a look at areas they plan to hunt as they may have changed quite a bit from last year."

He added that hunters also need to be cautious of soft areas in fields and roads from recent rains, but at the same time be cautious of tall vegetation that could be a fire hazard.

The fall wetland survey is conducted in mid-September, just prior to the waterfowl hunting season to provide an assessment of conditions duck hunters can expect.

# KNIGHTS BAR & GRILL



401 3<sup>rd</sup> St. | Riverdale, ND  
701-654-9559



[www.riverdalehighlodge.com](http://www.riverdalehighlodge.com)

 Follow us at Riverdale High Lodge Knights Bar & Grill



**FOOTBALL WEEKENDS AT KNIGHTS**  
5 Big Screen TV's and Tailgate Food

 **BISON SATURDAYS** 

**NFL SUNDAY TICKET AT RIVERDALE HIGH LODGE**

## KNIGHTS is now hiring the following positions:

**Cooks, Housekeepers, Servers/Wait Staff & Bartender.**

Oct 27 & 28<sup>th</sup>



**RIVERDALE HIGH LODGE  
KNIGHTS BAR & GRILL**

**701 CAPITAL CORNHOLE** FRIDAY OCT. 27TH 2023  
SATURDAY OCT. 28TH 2023

**\$1,000 ADDED MONEY!  
CORNHOLE TOURNAMENT**

**Wednesday's**

**7:00 pm**



JACKPOT OVER

\$4,000

## Hours

Open 2pm Daily

Happy Hour

Monday - Thursday 4 pm - 6 pm

Grill Hours

Monday - Thursday, Sunday

2 pm - 9 pm

&

Friday - Saturday

2 pm - 10 pm

Every  
Friday & Saturday



# DAM BAR AND STEAKHOUSE

CELEBRATING 25 YEARS

35 Main Rd E.  
Pick City, ND  
(701) 487-3331



 [The Dam Bar & Steakhouse](#)

Established in 1947

**The Dam Bar** - Top 10 BEST Dive Bars in the state of North Dakota & the first structure built in Pick City!  
More of our Local Best. Congratulations to Little's & The Iron Oar as North Dakota's Top 10 Best Small-Town Bar & Grills with Little's coming in at #1! Great and fun things happening around Lake Sakakawea! Come join us!



**THE DAM BAR IS OPEN**  
Thursday – Saturday 3 pm – Close



## STARTERS

Combination Platter  
Deep Fried Pickles  
Hot Wings  
Crispy Battered Mushrooms  
Calamari  
Chicken Nuggets

Jalapeno Poppers  
Cheddar Cheese Curds  
Mozzarella Sticks  
Chicken Drumsticks  
Onion Rings  
Chicken Gizzards

## GENEROUS SALADS

**Chuckie Salad**-  
grilled or breaded chicken with the works  
**House Salad**-  
bacon, olives, tomatoes, onion, cheese

## HAND CUT STEAKS

Filet Mignon 8 oz.      Ribeye 10 oz.  
New York Strip 10 oz.      Beef Tenderloin 8 oz.  
Bacon Wrapped      Sirloin 8 oz.  
Sirloin 8 oz.

## 14" DAM BAR PIZZA Made From Scratch

Toppings include Canadian Bacon, Sausage, Pepperoni, Chicken, Green Peppers, Mushrooms, Olives, Onions, Sauerkraut

## DINNERS

Pork Chops 8 oz.      Walleye 10 oz.  
Hamburger Steak 10 oz.      Jumbo Steamed Shrimp (4)  
Chicken Strips      Shrimp Skewers (3)  
Breaded Shrimp

## BURGERS & SANDWICHES

**Signature Burgers**  
Dam Burger  
Dam Cheeseburger

Cheeseburger      BBQ Pork  
Hamburger      Patty Melt  
Bacon Cheeseburger      Fleishkueckle  
BLT      Chicken Breast  
Fish Burger      (grilled or breaded)



**THE DAM  
SMOKE SHAK**

*No Smoke Shak  
This Weekend*

SHOP FOR A NEW CHEVROLET IN HAZEN AT HAZEN MOTOR CO.



View Inventory

# USED VEHICLE SALE

<b>2021 Chevrolet Silverado 1500 Crew Cab LTZ</b>		
Dark Blue, 6.2 Engine.....	61,500 miles.....	WAS \$47,995..... <b>NOW \$46,995</b>
<b>2020 Chev Blazer RS AWD SUV</b>		
Red, Leather, Moonroof .....	29,000 miles.....	WAS \$38,995..... <b>NOW \$37,995</b>
<b>2017 Chevy Traverse LT FWD</b>		
White.....	48,900 miles.....	WAS \$19,995..... <b>NOW \$19,495</b>
<b>2014 GMC Sierra Crew Cab HD Diesel</b>		
Black, Leather.....	128,000 miles.....	WAS \$36,995..... <b>NOW \$35,995</b>
<b>2013 Chevy Avalanche LTZ</b>		
White.....	103,000 miles.....	WAS \$22,795..... <b>NOW \$22,295</b>
<b>2021 Chevy 1/2 Ton Crew Cab 3.0 Diesel</b>		
Dark Blue.....	58,500 miles.....	WAS \$44,995..... <b>NOW \$43,995</b>
<b>2021 Chevy Malibu</b>		
Blue, Sunroof.....	63,000 miles.....	\$21,995
<b>2017 Chevy Equinox LT AWD</b>		
Blue .....	95,200 miles.....	\$15,995
<b>2013 Ford Escape Titanium</b>		
Red, Leather, Sunroof.....	124,300 miles.....	\$8,995
<b>2015 Chevy Trax AWD</b>		
Loaded, Silver .....	88,550 miles.....	\$12,995
<b>2013 Buick Enclave AWD</b>		
Maroon, Leather .....	137,000 miles.....	\$13,995
<b>2013 Ford Explorer 4WD</b>		
Limited, Leather.....	99,000 miles.....	\$14,995

## PARTS DEPARTMENT OVERSTOCK ACCESSORY SALE

Variety of bug deflectors, tonneau covers, all weather floor liners, splash guards, roof rails, fender flares & decals

CELEBRATING 75 YEARS OF SERVICE

HAZEN, ND  
(701) 748-2750

[www.hazenmotors.com](http://www.hazenmotors.com)

HAZEN MOTOR CO.



CHEVROLET

# COMMUNITY FLU SHOT CLINICS

**WALK-IN!**

2023  
FLU CLINIC  
CALENDAR



**GARRISON CITY AUDITORIUM**

Thursday, October 5 • 9:30 - 2:30

**MAX CIVIC CENTER**

Monday, October 9 • 1:30 - 3:30

**TURTLE LAKE - AMERICAN LEGION HALL**

Tuesday, October 17 • 1:30 - 2:30

**RIVERDALE MEETING ROOM**

Wednesday, October 18 • 11:00 - 1:00

**WILTON SENIOR CENTER**

Wednesday, October 25 • 1:30 - 2:30

**WASHBURN COURTHOUSE - FDHU OFFICE**

Thursday, October 26 • 11:30 - 2:00

**MISSED YOUR CLINIC OR PREFER AN APPOINTMENT?**

Call your local First District Health Office or scan the QR code above for additional dates and times!

Garrison Office - 701.463.2641

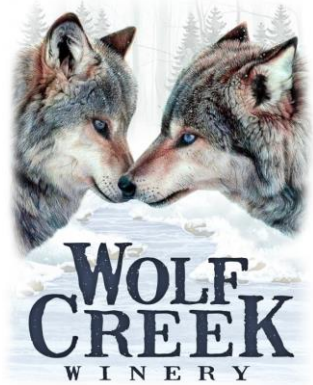
Washburn Office - 701.462.3330

**[WWW.FEHU.ORG](http://WWW.FEHU.ORG)**



*We serve everyone 6 months and older regardless of income or insurance status.  
We have specific flu vaccine available for 65+.*





# Wolf Creek Winery

**Wolf Creek Winery currently produces approximately 19 varieties of grape and fruit wines. We support local, and source as much fruit locally as we can.**

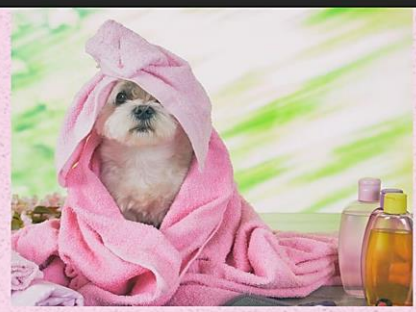
Wolf Creek Winery offers off-sale, tastings, and tours by appointment at 3631 8R Street NW, Coleharbor ND, 701-220-7237. You may also order online and pick up at the winery, or we can ship to 35 different states.

**Wolf Creek Wines are available locally at the following locations:**



Bronson's Liquor, 201 West Main Street, Beulah ND  
Grimsley's Convenience Store, Underwood ND  
Hiway 83 Express, 153 Case Street, Washburn ND  
J Aurthers Flower & Gifts, 213 Main Street, Turtle Lake ND  
Krause's Liquor Store, 339 4th Ave SE, Garrison, ND  
The Rusted Rail Bar & Grill, Underwood ND (off Highway 83)  
Totten Trail Bar and Grill, along Highway 83 at Lake Audubon ND  
Little's Bar & Grill, Pick City, ND  
Iron Oar Pub & Grill, Riverdale, ND  
Visit our website: [www.wolfcreekwinerynd.com](http://www.wolfcreekwinerynd.com),  
Email: [randy@wolfcreekwinerynd.com](mailto:randy@wolfcreekwinerynd.com) or call us at  
**701.220.7237**. Also make sure to Follow us on  
Facebook [Wolf Creek Winery](#) & Twitter.

Also available at:  
Broadway Liquor, 1030 N. Broadway, Minot ND  
Captain Jacks Liquor Land West, 1100 Turnpike Ave, Bismarck ND  
Cash Wise Liquor, 900 43rd Ave. N.E., Bismarck ND  
Cash Wise Liquor, 1144 East Bismarck Expressway, Bismarck ND  
Cash Wise Liquor, 3208 16th Street SW, Minot ND  
Lucky's Liquor Store, 450 12th ST West, Dickinson ND  
Lucky's Express Liquor Store, 1005 E Villard Street, Dickinson, ND  
Medora Convenience Store, 200 Pacific Ave, Medora ND  
Medora Uncork'd, 370 Pacific Avenue, Medora ND  
Wild Flour Cafe & Bakery, 718 Elk Street, Alexander ND  
Wild Vines Market, Beach ND  
WILLIQUORS Liquor Store, 3025 Yorktown Drive, Bismarck ND



## MA DOGS HOUSE OF GROOM

FIRST CLASS CARE  
FOR YOUR  
PAMPERED PET!



534 WALNUT STREET  
TURTLE LAKE, NORTH DAKOTA

**BOOK ONLINE AT**

[www.madogshouseofgroom.com](http://www.madogshouseofgroom.com)

**701.527.5280**

## UNDERGROUND DOG FENCE



30+ Years of Experience  
**CALL: 701-226-3215**

# PARENT Refresh

Get ready for a day of family fun at 4-H camp in Washburn, ND! Parents will learn problem-solving tricks while kids (ages 5-15) enjoy 4-H activities with NDSU Extension agents. Plus, we've got a thrilling parent-child scavenger hunt, yummy food, and opportunities for parents to level up their skills—all for FREE!

OCTOBER  
**21**  
SATURDAY

**10 A.M.  
TO 5 P.M.**  
LUNCH AND  
SNACK  
PROVIDED

NORTH DAKOTA  
**4-H CAMP**  
2702 8TH ST SW  
WASHBURN, ND

LIMITED  
CHILDCARE  
AVAILABLE  
FOR AGES

**1-4**

**REGISTER**  
ndsuhg/parentrefresh



NDSU | EXTENSION



With support  
provided by:

NOETH  
**Dakota** | Health & Human Services  
*So Legendary.*

**Oct 21, 2023, 10 am - 5 pm CT**

**Location:** Washburn 4-H Camp - 2702 8th St SW

The Link to register is: [Event Registration Link](#)

or scan the QR code above or go directly to our website at: [ndsuhg/parentrefresh](https://ndsuhg/parentrefresh)

Come out to 4H camp in Washburn, ND for a day of parent education and 4H activities for the kids. While parents are learning a variety of ways to solve problems with their kids, kids (ages 5-15) will be doing 4H activities with NDSU Extension Agents at 4H camp. Limited Childcare will be available for children ages 1-4. The day will include: 1 awesome parent/child scavenger hunt 2 delicious food options (lunch and snack) 3 Parent Education opportunities while kids are busy doing 4H activities around camp. This event is FREE of charge thanks to partial funding by ND Department of Health and Human Services and NDSU Extension. Registration is required as spots are limited. Deadline to register is October 15, 2023. For any questions about parenting classes offered through Region 7 Parent Resource Center, please contact Jacey Wanner.

**Class Dates:** Saturday; October 21, 2023

**Cost:** This class is free of charge for North Dakota residents.

**CONTACT INFORMATION:** Jacey Wanner | [jacey.p.wanner@ndsuhg](mailto:jacey.p.wanner@ndsuhg) | [701-667-3342](tel:701-667-3342)

Requests for accommodations related to disability should be made to the event contact person at least two weeks in advance of the event.



**JACEY WANNER**  
 Parent Family Educator  
 Region 7  
 NDSU Extension  
 Morton County

[jacey.p.wanner@ndsu.edu](mailto:jacey.p.wanner@ndsu.edu)



211 Collins Ave,  
 Mandan, ND 58554  
 701-667-3342

## Rebooting Discipline: Choosing Logical Consequences over Screen Lockdowns

By Jacey Wanner, NDSU Extension Parent Family Educator 7 PRC

"That's it. You've both lost your TV time."

My two daughters who had been bickering for the entire day froze and slowly looked up at me.

"But mom, you said we could watch a movie tonight." whines my five-year-old.

"Well, then you should have listened when I told you guys for the 100<sup>th</sup> time to stop fighting," I quip back.

The most popular methods of discipline for parents in the United States often rotate. I hear a lot about parents using grounding and time out, but right now the most popular method as surveyed through my parenting classes seems to be using screens as a reward as well as punishment.

Parents threaten to take away a screen (television, phone, tablet, computer, or video games) in order to get kids to change their behavior.

A few examples of what the threats sound like are: "You better listen to me or there will be no video games tonight." "You be good in school today, and I better not get any calls from your teacher, or your phone will be mine for the week."

Parents and caregivers also use screens as a reward, which can sound like: "If you guys don't fight on this car ride, I will give you an extra 20 minutes of TV time tonight."

I will tell you that when I took away my kids' movie night, it got them to stop bickering momentarily, but they continued bickering more as soon as they realized they weren't going to watch a movie that night. I wanted to take away the movie because I wanted them to know I was in charge as the parent. I also wanted them to realize their actions have consequences. Both are fine desires.

The problem is that when consequences are not related to the present problem, they don't work in the long term or sometimes even in the short term.

The Positive Discipline parenting curriculum encourages parents to use natural and logical consequences. Natural consequences occur when the parent doesn't intervene.

Now, sometimes the parent needs to intervene with a logical consequence that is related to the problem. In this situation, consider when the potential consequence is:

Related to what is going on.

Respectful.

Reasonable.

Helpful.

In my case, taking away the movie was not related at all to what was going on.

So what else could I have done?

I could have told the girls they needed to be in separate rooms until they were ready to play together kindly. This meets the criteria of related, respectful, reasonable and helpful and is likely teaching my kids that when you are fighting with someone, it is sometimes helpful to take a break until you are ready to play together kindly.

Are there times when taking away screen privileges is a logical consequence? Absolutely. If kids are fighting over screens, misusing screens or not following screen rules, taking away the screen can check the related, respectful, reasonable and helpful boxes.

Here is to thinking through consequences so our kids are able to learn from their mistakes. Hang in there parents.

**Upcoming Events :** October 16 – Medicare Part D Open Enrollment Appointments in Glen Ullin and Hebron call 701-348-9907 ; October 18 – Building Strong Little Reading Brains at 12:00pm Via Zoom, CEU credit approved for social workers, counselors, and occupational therapists ; October 30<sup>th</sup> – Hebron Bone Builders at 2:00pm at Hebron Senior Center ;October 30<sup>th</sup>, November 6<sup>th</sup>, and November 13<sup>th</sup> Design Your Succession Plan for Small Businesses at 6pm via Zoom ; October 31<sup>st</sup> – Glen Ullin Bone Builders at 10:30am at East Marian Manor Estates Community Room ; November 7<sup>th</sup> Nourish Nutrition Education Class at 5:30pm at East Marian Estates Community Room

Jacey Wanner is the parent family educator for the Parent & Family Resource Center - Region 7, a collaborative effort of NDSU Extension, Morton County and the North Dakota Department of Human Services. She holds a bachelor's degree in kinesiology and a master's degree in occupational therapy.

# Ye Olde Malt Shoppe & Eatery



72 N Main St.  
Garrison, ND

701.463.2322

Open Daily

Breakfast, Lunch & Dinner

8 am – 8 pm



For Full Menu and Online Ordering visit us at: <https://yeoldemaltshoppe.com/>



Follow us at [Ye Olde Malt Shoppe](#) Daily Specials

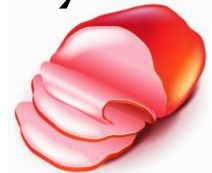
ONLINE ORDERING \* WE DELIVER IN TOWN \* TO GO ORDERS \* DAILY SPECIALS \* WEEKEND SPECIALS

## Weekend Specials

\* Ribeye \* 5-piece Shrimp \* Walleye

## Sunday Dinner Special

Baked Ham



**West Inkster Realty**

**MIKE MATTESON**  
BROKER/OWNER

"We are proud to stake out this property!"  
- Rocco the Realty Dog

**GARRISON INSURANCE**

Copper the Coverage Dog  
Coverage options for your "buried bones."

INDEPENDENT AGENCY  
MATCHING CUSTOMERS WITH  
COMPANIES THAT MEET THEIR  
NEEDS AT AN AFFORDABLE PRICE!

Representing 15+ Companies!

CALL MIKE TODAY TO START  
THE SEARCH FOR YOUR  
NEXT HOME OR GET A  
CURRENT MARKET ANALYSIS  
OF YOUR HOME!

Follow your nose to [BeagleBuds.com](http://BeagleBuds.com)!

(701) 463-2099 OFFICE  
(701) 337-6433 MIKE CELL  
11 CENTRAL AVE E • GARRISON, ND  
MIKE@BEAGLEBUDS.COM

Handmade & Unique Products

THE  
*teal*  
DOOR

GIFTS • HOME DECOR  
• JEWELRY BOUTIQUE ITEMS  
• QUILT NOTIONS  
CANDY & POP • SEASONINGS  
& SAUCES • & MUCH MORE!  
LONG-ARM QUILTING SERVICES

1 CENTRAL AVE E Like us on  
E. OFF MAIN ST f  
701-463-2123

Formerly 1 North Main

# HOLISTIC HEART REIKI

104 12th Ave NW NW • Suite 2B  
Hazen • ND



[The Holistic Heart](#)



[holisticheart9@gmail.com](mailto:holisticheart9@gmail.com)

HEAL THE BODY, MIND & SPIRIT

701 • 333•8933

Evening & Weekend  
Appointments Available

# Autumn Word Search

L E C R A N B E R R Y I R S A N K E N S  
E L U M P U M P K I N P A Q L L E R I C  
F E U D A V A B A R B E Q U E O O U S A  
O A U T U M N L F N B H E A T C E T A R  
O V O I G O E G C O R S C S L A P P L E  
T E H E S L C E D V N E E H L C J O C C  
B S T A H V R C A E I V N E P A O Y B R  
A E E A A U I S N M E A T R E C H E G O  
L S L V M V S C O B W E B T S O I K D W  
L D P A R H P H A E B L W R M R R R E W  
N D E E A A S J N R S B E A N N T U C F  
E R D L A X H P D A I K L V O E P T M A  
P I A E R G O B S E P T E M B E R A R L  
C H I L L Y L S A A F N L L R I E M U L  
W T Y U I P H A L L O W E E N O P S V M

Autumn	November	Halloween
Cobweb	Harvest	Corn
Leaves	Apple	Acorn
September	Pumpkin	Scarecrow
Cider	Fall	Season
Chilly	Turkey	Crisp
Squash	Cranberry	Football





## NORTH DAKOTA BASED & EMPLOYEE OWNED

As an employee owned company, you are always working with the owner and know you will receive top car and customer services

OFFICE PRINTING SOLUTION | PRODUCTION PRINTERS  
WIDE FORMAT DEVICES | PRINT MANAGEMENT SYSTEMS  
<https://abmnow.com> | (800) 579.3151



Contact: **Ken Koch**  
[kkoch@abmnow.com](mailto:kkoch@abmnow.com)  
(p): 701-221-4088

# Teresa's Grocery

10 Main Road East, Pick City ND

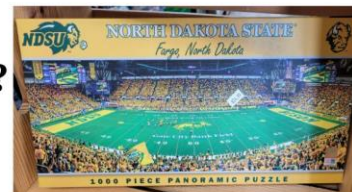
Open Daily- 9 a.m.-6 p.m.

Phone- 487-3000



Raining outside?

We have quite a few games and puzzles to give you some relief from boredom.



*We Carry Groceries, Drink Mixers, Cell Phone Accessories, Gift Items, ND Souvenir's, Clothing, Blankets, Toys, Everyday Essentials, Greeting Cards & More!*



**DAKOTA FARMS**  
FAMILY RESTAURANT

## Open

7am to 4pm

Daily

1317 Border Ln,  
Washburn, ND

(701) 462-8175

Dine-in \* Takeout

[dakotafarmsrestaurants.com](http://dakotafarmsrestaurants.com)

**BREAKFAST. BRUNCH.  
LUNCH. GREAT EATS.  
GOOD TIME.**

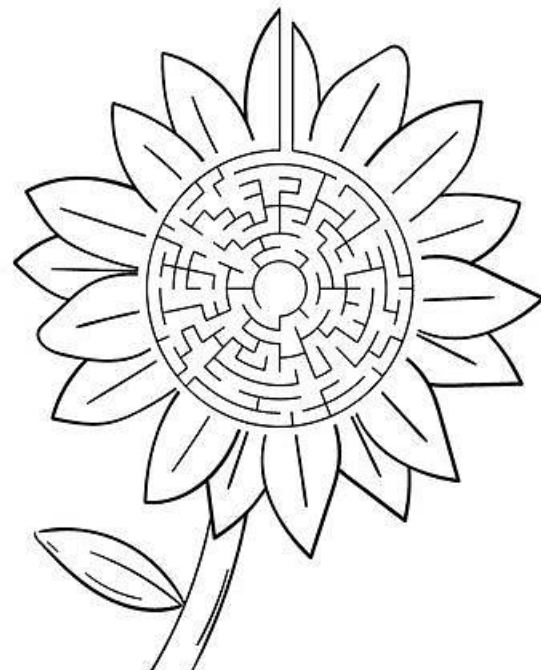
Everything on the menu is house-made, and fresh to order!

North Dakota's Top Spot to Enjoy the Most Important Meal of the Day

Follow us on Facebook for our Daily Specials!

[Dakota Farms Washburn](#)

# Flower Maze



twistynoodle.com



GAMES  
TOYS  
GIFTS

GLUTEN-FREE BAKED GOODS  
LATTES  
AND MORE

POKÉMON GAME DAY: Tuesdays 3:30-5:00  
MAGIC THE GATHERING: Fridays 3:30-5:00

[www.javaslair.com](http://www.javaslair.com)

718 Main Ave Washburn, ND

[Java's Lair](#) [Java's Lair Food](#)

**JAVA'S LAIR FOOD TRAILER**

**GLUTEN-FREE COMFORT FOOD  
AND HANDCRAFTED DRINKS**

McLean-Mercer Regional Library

216 Second Street Riverdale, ND

Phone: 701-654-7652

[www.riverdalendlibrary.com](http://www.riverdalendlibrary.com)

Public Access Computers, Children's Computer,  
Wireless Internet Access, Printer, Copier, Fax, McLean  
& Mercer County Newspapers, eBooks & Digital  
Magazines, Board Games



Library Hours:  
Monday - Friday  
8- 12 &  
1-5 pm



Like and Follow us at

**McLean-Mercer Regional Library**

[Mclean-Mercer Regional Library](#)

*McLean-Mercer Regional Library is headquarters for a  
consortium of public libraries in the communities of:  
Beulah, Garrison, Hazen, Max, Stanton, Turtle Lake,  
Underwood, Washburn.*



# Changing Styles

701.898.8954

302 2<sup>nd</sup> ST. RIVERDALE, ND

HOURS

THURSDAY 10-6

FRIDAY 10-6

SATURDAY 9-3

All Nutrient Organic Hair Care  
Line exclusive at Changing Styles.  
Healthy Haircare Products that  
provide your hair with the  
nutrients it needs & none of the  
chemicals it doesn't.



Follow us at **Changing Styles Hair Salon**



[Changing Styles Hair Salon](#)

**all-nutrient**  
ORGANIC HAIR CARE

# FRONTIER FLORAL & GIFTS

611 MAIN AVENUE  
WASHBURN, ND

701.462.3878

## HOURS

Monday - Friday 10 - 5  
Sat & Sun Closed

## SATELLITE LOCATIONS

WILTON CENEX,

WASHBURN ENERBASE &

9 OTHER LOCATIONS



BEVERLY PETERSON, OWNER

# WEDDINGS GRADUATION MEMORIAL

## OR CLASSES OFFERED THROUGHOUT THE YEAR

 [Frontier Floral | Facebook](#)

 [frontierfloralandgifts.com](http://frontierfloralandgifts.com)



## CRAZY LADY COFFEE COFFEE BAR

### RUTH'S HOMESTYLE BAKED GOODS EVERY WEDNESDAY

### GOAT MILK SOAPS \* GIFT BASKETS IN-HOUSE PLANTS & GREENS

## NATIONAL HERO DAY OCTOBER 8

[National Day Calendar](#)

On October 8th, National Hero Day honors the people we look up to and who inspire us to be the best person we can possibly be.

### #NationalHeroDay

If asked to define the word hero, many of us will name the qualities that demand a person rise above, the qualities that genuinely drive a person to be stronger, smarter, kinder and more than the average human being. They are the people who give when they have nothing to give. Heroes act before anyone else realizes there's a problem. They volunteer to put someone else before them.

Our heroes may be the first responders who save us from a dangerous situation. They may be a mentor, like a parent or a teacher. As role models, heroes guide us through the examples they set. They live their lives in such a way that we're honored to know them and hope to live up to their example.

And heroes, real-life heroes, rarely get recognized. That's why National Hero Day encourages you to recognize the heroes in your life.

### Heroes All Around Us

Some wear uniforms, like Christy McIntosh of Pensacola, FL who served in the U.S. Army Reserves. Or like high-school football player Zac Clark of Ohio whose quick thinking and strength lifted a Volkswagen off of his neighbor, saving his life.

Other heroes spur us to action or to lead a better life. They may do this through their words like Jim Cook of Oklahoma who wrote to columnist Jim Priest, teaching him a little something about character and love. A real-life hero might take us on a journey we can only imagine taking. Like Dr. Garrett Reisman, a former NASA astronaut and engineer who later joined SpaceX.

Another kind of hero makes things happen. Whether it's filling a need or making the impossible happen, some heroes go to amazing lengths to get a job done. For example, Donald Harris of New Jersey who by day was a real estate manager but at Christmastime answered a letter to Santa via the U.S. Postal Service's Letters to Santa program. His answer to a request to make a father's life easier was to enlist his associates in obtaining a townhouse for the family at a much lower rent.

Heroes come in many forms; you see. They rescue us, inspire us, and most of all, they believe in us.

### HOW TO OBSERVE NATIONAL HERO DAY

Honor the heroes in your life. Give them a shout-out on social media or bring them coffee from their favorite coffee shop. Bake some cookies or write them a letter. Let them know how much they inspire you, how much you appreciate them. Be a hero in someone's life, too. Use your talent to teach someone a vital skill. Other ways to be heroic include:

- Donating blood, Volunteering, Giving to a charity that serves those in need, Organize a fundraiser for a non-profit organization, Listen to the needs of others and fill the void. Who are your heroes? Let the world know by using #NationalHeroDay to share on social media.

**NATIONAL HERO DAY HISTORY** The Registrar at National Day Calendar proclaimed National Hero Day in 2020 to celebrate the contributions and deeds of all the real-life heroes in our world.



# WATERFRONT PROPERTY FOR SALE



1045 Highway 83 Washburn, ND 10+/- Acres

3625 Wolf Creek Road, Coleharbor, ND 1+/- Acres

To View All Properties, visit:

 [www.ruthjulson.com](http://www.ruthjulson.com)

 [ruth@c21morrison.com](mailto:ruth@c21morrison.com)

Ruth Julson  
REALTOR®

Mobile: 701.870.2775



EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED.

**CENTURY 21** Morrison Realty



1142 W Turnpike Ave, Bismarck, ND 58501

**ROLLIN' REBEL**

Tops • Bottoms  
Dresses • Jewelry  
Handbags  
Footwear • Belts  
Hats & More!

STOP BY ONE OF OUR LOCATIONS:  
715 Main Avenue, Washburn, ND  
1 North Main Street, Garrison, ND

SCAN TO SHOP  
rollinrebel.com

Follow Rollin' Rebel Boutique on  & 

**DISCOVER THE REBEL IN YOU!**

## Scott's Bait & Tackle



71 Main Road East  
Pick City, ND

Phone- 487-3343

Open 7 days a week

Convenience Store, Gas &  
Propane, Bait & Tackle, ATM  
Machine





# Be safe.

Equipment is the primary source of horsepower on the farm. It's also tied to the greatest number of severe farm injuries. Respecting and using the equipment properly is vital. Put safety first and everything else second.



4031 Hwy 37 | Bypass Garrison, ND  
<http://www.mcleanelectric.com/>  
701.463.6700 | 800.263.4922



701-654-9927

500 10<sup>th</sup> Street & Hwy 200

24 hr. Credit Card Gas &  
Diesel Pumps

Grocery, Convenience Food &  
Breakfast items

Frozen Pizzas & Sandwiches

Off Sale and Tobacco

Camping & Fishing Gear

Bait & Tackle

Stop by for a cup of coffee

# Dakota Painting & Tree Service

❖ Since 1986 ❖ Licensed & Insured



## Tree Removal, Stump Removal, & Tree Trimming

### Tom Rupp

## 701-400-8864



Interior, Exterior,  
Residential &  
Commercial

# **Third Month Free Rent!**

## **Burlington Community Housing**

Has immediate openings in  
Burlington

### **for 1-Bedroom Apts.**

**Must be 62 & older or disabled, regardless of age. Temporarily renting to applicants without income restrictions.**

Security Deposit temporarily reduced to \$100. Rental assistance and utility allowance is available. Free laundry facility and community center onsite. This institution is an equal opportunity provider and employer.

Call Karen @ 852-5389 for an application.

TDD 1-800-366-6888

*"Equal Housing Opportunity"*

# **WORSHIP SCHEDULE**

Riverdale Community Church  
8:30 am (Riverdale, ND)



St. Bonaventure Catholic Church  
Underwood  
Saturday 5:00 pm

St. Catherine's Catholic Church  
Turtle Lake  
Sunday 10:30 am

St. Edwin Catholic Church  
Washburn  
Sunday 8:30 am

St. John's Lutheran Church (LCMS)  
9:00 am (Underwood)

St. Paul's Lutheran Church (ELCA)  
11:00 am (Riverdale, ND)

Trinity Lutheran Church (LCMS)  
11:00 am (2 mi W & 2 mi S of Pick City)

St. Paul Lutheran Church (ELCA)  
10:30 am (from Pick City: 2 mi W, 6 mi S & ¼ mi E off of Hwy 200)

## **The Construction of the Garrison Dam**

*A Big Job - Allis Chalmer film*

[A Big Job - Allis Chalmers film - YouTube](#)

*The history & construction of not only the Garrison Dam but the communities which evolved because of it, is a special part of this area's history.*

*This 19-minute Allis Chalmer film is a treasure. Click the active link above to watch the live broadcast.  
(online version of The Dam News).*

### **USACE GARRISON DAM**

**Current Elevation (10.4.23)**

1840.52 ft. ^ .13

[U.S. Army Corps of Engineers: Missouri River Basin, Water Management Division](#)

## **Riverdale-Pick City Ambulance & Riverdale Fire Department**



Meetings



**Riverdale-Pick City Ambulance Business Board Meeting-(Quarterly)**

Second Wednesday of the Month @ 6pm

**Riverdale-Pick City Ambulance Training Meeting-**

Third Wednesday of the Month

**Riverdale Fire Department Business Meeting-**  
Third Tuesday of the Month

**Riverdale Fire Department Training Meeting-**  
Third Tuesday of the Month

**"ALL MEETINGS ARE AT THE AMBULANCE BAY"**



# Harbor Bar & Grill

701.442.3129

Hwy 83 & Frontage Rd., Coleharbor, ND

Prime Rib Night

Wednesdays at 4pm - \$12  
Regular Menu

Steak & Seafood Night

Thursday - Saturday  
4 - 9:30 pm

## HOURS

Wed-Saturdays:

11:30 am - 11:00 pm

Friday & Saturday:

4:00 pm starts  
Steak Night

Thursday - Saturday:

Bar Open 'till 1am

Temp Closed

Sunday-Tuesdays

## Appetizers

Drummies	Corkscrew Shrimp
Gizzards	Pepper Jack Mac N Cheese Bites
Calamari	French Fries
Homemade Jalapeno Poppers	Cheeseballs
Onion Rings	Tater Tots
Chicken Strips	Wisconsin Cheese Curds
Sidewinder Fries	Chicken Cordon Bleu Balls

## Entrees

12 oz. Prime Rib Steak	French Dip	Fleischkuekla
12 oz. Ribeye Steak	Reuben	Patti Melt
Grilled Shrimp Skewers	Grilled Cheese	Prime Rib Sandwich with Coleslaw & French Fries
Walleye	Chicken Strip Basket w/ slaw and FF	<b>Homemade Specials Each Wednesday &amp; Thursday</b>
Calamari	Walleye Basket w/ slaw and FF	
	Corkscrew Shrimp w/ slaw and FF	

**Check out NEW items  
coming to our menu!**



## Burgers

Classic Burgers-seasoned ½ lb. beef patty	Double Bacon Cheeseburger
Hamburger	German Burger
Cheeseburger	Chipotle Burger
Double Cheeseburger	Bleu Cheeseburger
Bacon Cheeseburger	BBQ Swiss Burger

Wine by  
Dakota Sun



Apricot, Aronia,  
Black Currant,  
Blackberry,  
Chocolate  
Raspberry,  
Chocolate Cherry,  
Chokecherry,  
Haskap, Pear, Plum,  
Raspberry Dream,  
Red Velvet,  
Rhubarb-Raspberry,  
Cherry, Medora  
Raspberry, Rhubarb

From a very small tavern to a well traveled steakhouse, many come from all directions. Our nice private dining room is perfect for family, anniversaries, birthdays, meetings & private getaways. Kid friendly until 10pm

# October

## [National Day Calendar](#)

Welcome to the October Holidays Overview. In the Northern Hemisphere, October ushers in fall like no other month. Its capital O shouts pumpkins and if the leaves haven't turned, they soon will. Keep reading to learn more about October.

### October Holidays and History

Well, before the Julian and Gregorian calendars, October was the 8th month of the Roman calendar. *Octo* means eight in Latin. At the time, there were only 10 months. In 700 BC, Numa Pompilius added January and February to the calendar. This change more accurately reflected the length of a year on Earth. As a result, October became the 10th month on the calendar. While other months on the calendar have had days added and subtracted, October has always had 31 days.

### Weather & Seasons

During the second month of autumn, asters bloom and so do chrysanthemums. Their colors often pair well with the pumpkins and gourds collected from gardens. And speaking of pumpkins and gourds, holidays like [National Pumpkin Seed Day](#), National Farmer's Day, [National Pumpkin Cheesecake Day](#), and National Pumpkin Day all offer ways to set the mood.

The Hunter's Moon is aptly named considering many seek game in the fields and forests. Two meteor showers appear in October. They are the Draconids and the Orionids.

The month is full of sporting events, too. From the World Series to Rugby World Cup finals, sports fans fill the seats. In other activities, October brings a shift in hunting and fishing seasons. Did we mention that [National Sports Day](#) is a holiday in October?

### What's Your Sign?

In October, Libra (scales) and Scorpio (the scorpion) represent those born in September. Marigolds and Cosmos both represent October babies. Marigolds bloom all summer and fall long, but in the fall is where they shine, accenting the harvest season. They symbolize positive emotion and energy. Cosmos delicate blooms represent order and harmony.

### 5 Fast Facts

1. October is the month when the five-day workweek was first sanctioned. The U.S. Naval Academy opened its doors in Annapolis, Maryland in 1845 (and [Navy Day](#) is the holiday that celebrates it!) Several U.S. presidents were born in October, too.
2. Hugh Jackman, Luciano Pavarotti, Sigourney Weaver, Julie Andrews, and John Keats all were born in October.
3. Six US presidents were born in October, more than any other month.
  - John Adams
  - Rutherford Hayes
  - Chester Arthur
  - Theodore Roosevelt
  - Dwight Eisenhower
  - Jimmy Carter
4. Fall (including October) is a good time to be born if you want to live a long life. More centenarians are born in the fall months.
5. The World Series of baseball begins in October.



Lake Audubon \* Hwy 83  
**701.337.2070**

Online Ordering

[www.tottentrail.com](http://www.tottentrail.com)

Follow us at **Totten Trail Bar**

 [Totten Trail Bar](#)

 **HAPPY HOUR** 

Tuesday - Friday 4 - 6 pm

**\$1.00 OFF ALL DRINKS**

**Tuesdays:**

Indian or Softshell Tacos

**Wednesdays:**

Buy 1 Burger, Get One 1/2 Price!

**Thursdays:**

Broasted Chicken

**Fridays:**

Shrimp

**Saturdays:**

Steaks/Prime Rib

**Sundays:**

Pizza

**Totten Trail Services**

24 Hour Bait

Restrooms

Banquet-Meeting Room for Events



**TUESDAYS at**  
**7:00 pm**

**1<sup>st</sup> Blackout 56#s**

**\$1,100**

**2<sup>nd</sup> Blackout 55#s**

**\$1,080**

**Hours**

Closed Mondays

**Kitchen**

Tues-Thurs & Sun

11am - 8 pm

Fri & Sat: 11am-9pm

**Bar**

Tuesday - Sunday:

11am - 11 pm

# The Dam News

Published every Wednesday

Ava's Light, LLC

Brenda Beran, Founder

Publisher & Managing Editor

605.660.0104

Deadline for submitting advertisements & updates must be received by Noon on Mondays unless otherwise indicated.

Email to:

[thedamnewseditor@gmail.com](mailto:thedamnewseditor@gmail.com)

All personal ads must be prepaid.

For billing & payments, please mail to:

Ava's Light, LLC

PO Box 736

Riverdale, ND 58565

## Ad Rates

### Business Ads

Business Card Size (2"x3") \$5/week

1/4 page \$7/week

1/2 page \$10/week

Full page (8 1/2 x 11) \$15/week

### Personal Ads

Business Card Size (2"x3") \$4/week

1/4 page \$5/week

1/2 page \$7/week

Full page (8 1/2 x 11) \$12/week

In honor of a beautiful girl, my daughter, Ava's Light is born. Through this mission of supporting local businesses & organizations in all our communities, by helping to promote them with creativity & inspiration, her legacy lives on, one assignment at a time.



# The Dam News

My story

When I moved to this area a few years ago from out of state, I realized that all things revolve around beautiful Lake Sakakawea. The communities wouldn't be here if it wasn't for the Dam and because of the incredible history in this area, The Dam News will celebrate all communities and those within that make this so special. ~Brenda

## All the ways to find The Dam News

*Group Facebook Page*

 [The Dam News](#)

[The Dam News | Facebook](#)

*Scan the QR Code below to also find us on Facebook*



Pick City city website

<https://www.pickcitynd.com>

## A printed copy available at the following locations:

### Riverdale

Iron Oar, Changing Styles Salon, Knights Bar & Grill, Reel Convenience & Spillway Coffee House

### Pick City

Scott's Bait & Tackle, Teresa's Grocery, Little's Bar & Grill & The Dam Bar & Steakhouse

### Underwood

Soda's & Things, Bravera Bank, Cottingham Insurance & Grimsley's

### Garrison

Garrison CVB, Flowers-N-Things, Garrison Insurance, S & J Hardware, Chase Pharmacy & Ye Olde Malt Shoppe

### Washburn

Dakota Farms Family Restaurant, Superpumper Gas Station, K Nails & Spa, NDSU Extension Office, Frontier Floral

### Max, Washburn & Wilton

Genex

Harbor Bar, Totten Trail, Hwy 83 Lawn & Leisure, Turtle Lake Grocery Store, and more locations in the near future.

# Prairie Wind Kites

Rena Rustad, owner

*Decorating ND Skies  
Since 2002*

(701) 898-4500

[www.PrairieWindKites.com](http://www.PrairieWindKites.com)



# THIRTY One

INDEPENDENT CONSULTANT

**Serina Eisenbraun**

Website – <https://www.mythirtyone.com/1907710>

Facebook – Serina's Tote-ally Awesome Bags  
[Serina's Tote-ally Awesome Bags | Facebook](#)

Phone – 701-527-3580



Independent Sales Consultant for Thirty-One Gifts, LLC who is solely responsible for its content. Thirty-One Gifts, LLC does not endorse and is not responsible for the content of this marketing material.

## Chase Pharmacy, Inc.

(701) 463-2242

(800) 404-2243

21 N. Main Street  
Garrison, ND 58540

## Stephanie Pfeifer

Certified Consultant

**701-891-9358 \* Call/Text**

Check out my website for new products.

<https://stephpfeifer4.scentsy.us>



[It's a fragrance-ful life | Steph Pfeifer | Scentsy](#)

October warmer is **Starry Pumpkin** & scent of the month Pumpkin Cashmere (Warm cinnamon bountiful pumpkin and cozy cashmere woods) Check out the Open Plains Collection



### OPEN 7 DAYS

### A WEEK

Dine in or Take out

701.654.9540

[spillwaycoffee@gmail.com](mailto:spillwaycoffee@gmail.com)

504 10<sup>th</sup> St  
Riverdale ND

Join us for Coffee, Breakfast or Lunch

pamperedchef  
Let's Get Cooking

**OCTOBER ONLY!**

### Get Ahead for the Holidays

Jump-start your gift-giving for others—or yourself—with 15% off classic unglazed stoneware pieces and baking mixes.\*

**15% off unglazed stoneware pieces & baking mixes**



\$50 \$47.50  
PICK UP  
\* \$15.00  
RESERVATION  
FRANCHISE  
BROKER INC.

## Shawna Lelm

Independent Pampered Chef Consultant

701-351-1380 | [slelm@bis.midco.net](mailto:slelm@bis.midco.net)

[www.pamperedchef.com/pws/slelm](http://www.pamperedchef.com/pws/slelm)



DINE IN OR TO GO

**701.487.3636**

PICK CITY, ND

Follow Us on [facebook.com/TheLittleBarAndGrill](https://www.facebook.com/TheLittleBarAndGrill)

**NIGHTLY SPECIALS + FRI & SAT NIGHT ONLY:  
LITTLE'S FAMOUS PRIME RIB DINNERS &  
HOMEMADE PASTA DISHES**

Kitchen Hours: Mon-Wed 4-9pm / Thu- Sat 4-10pm / Sun 12-8pm  
Bar Hours: Mon-Thu 4-11pm / Fri-Sat 4pm - 1am / Sun 12-10pm

## Flowers-N-Things

*Flowers Whisper What Words  
Can Never Say*

31 N Main St  
Garrison, North Dakota 58540

Office: 701-463-2003

Fax: 701-463-2008

[flowersnthings@restel.com](mailto:flowersnthings@restel.com)

[www.garrisonfloral.com](http://www.garrisonfloral.com)



Cindy Fennewald, Owner



## COTTINGHAM INSURANCE

*Trusted Since 1990*

BISMARCK  
701.323.9419

UNDERWOOD  
701.442.3473

[cottinghaminsurance.com](http://cottinghaminsurance.com)

[f Cottingham Insurance Agency DDC Inc](#)

## Place an Ad in The Dam News

Ad Deadline & Updates to existing ads  
Mondays by Noon

[thedamnewseditor@gmail.com](mailto:thedamnewseditor@gmail.com)